

# What's Your Role in Protecting the Health of the Nation?

## The National Institutes of Health's Environmental Management System

All employees of the NIH have a role in protecting the health of the Nation. Research at the NIH improves the health of the nation, but the way we conduct this research impacts the environment. The NIH Environmental Management System (NEMS) challenges all NIH employees from all ICs to use healthier alternatives in getting their job done. We can ALL make decisions that lessen the impact and make a positive difference!



## How Can You Help?

### Energy Conservation and Air Emissions

- Turn off lights and equipment
- Purchase energy star equipment and appliances for the home and office
- Consider commuting to work via alternative transportation methods (van pool, carpool, bike, mass transit)

### Reduce, Reuse, Recycle

- Switch from disposable to reusable products: containers, cups, plates, etc...
- Create and use note pads from once-used paper
- Buy a reusable coffee filter
- Make a conscious effort to recycle

### Minimizing Waste and Toxic Chemical Use

- Do not put harmful substances down the drain in your laboratory or home

### Water Conservation

- Purchase laboratory equipment that does not require extensive cooling by tap water

### Green Procurement Purchasing

- Always purchase recycled content paper
- Purchase less toxic chemicals for the home, office and laboratory



**NEMS**  
NIH's Environmental  
Management System

Individuals can also get involved through participation in Focus Groups that will identify small ways we can each have a big impact. All members of the NIH workforce are welcome to participate.

If you would like more information or to participate in the Focus Groups, please consult the website at <http://orf.od.nih.gov/ems.htm> or contact the EMS Coordinator, Terry Leland ([lelandt@mail.nih.gov](mailto:lelandt@mail.nih.gov)) at 301.496.7775.